



Epsom Salt Baths

Epsom salt baths can dramatically improve sleep, promote relaxation, treat muscle cramps and restless legs and optimize detoxification before, during and after cancer treatment. A simple treatment that can have such dramatic effects on your health is definitely worth putting into your cancer treatment toolbox.

Epsom salts are made of magnesium sulfate, the magnesium enhances circulation while expanding your blood vessels, increasing the amount of toxins eliminated from your body. In addition, an epsom salt bath hot bath will increase your perspiration, further helping with toxin elimination through your pores so the toxins are fully eliminated out of the body and not recirculated.

Epsom salts can elicit a sense of well-being, helping to reduce anxiety, depression and irritability. Epsom salts baths are indicated for sluggish circulation, low blood pressure, general fatigue, insomnia, liver or kidney congestion, muscle tension and cramps.

You want to avoid epsom salt soaks if you have open skin lesions or have peripheral vascular disease such as in diabetes. If you are pregnant, adjust the temperature of the water to body temperature.

Treatment recommendation:

1. Add in 2 cups of epsom salts to hot bath water (to tolerance).
2. Soak for 15-30 minutes. Ensure you drink at least 16 ounces of water throughout your soak as to not dehydrate and cause problems with blood pressure and dehydration.
3. If you have tension in your shoulders then use a towel, soaked in epsom salt water and place on shoulders while soaking.
4. Do not cover your head as this will be an area that will cool you down naturally.